

# **TUMBLING DOWN THE MAT**

## **(SAFETY RULES)**

- 1.) Only move one direction down the mat
- 2.) Only one person on the mat at a time
- 3.) Be sure to fix the mat if it comes apart

# **Crawl**



# **Seal Walk**



**Try not to use your legs when doing these activities to make it more difficult**

# **Crab Walk**

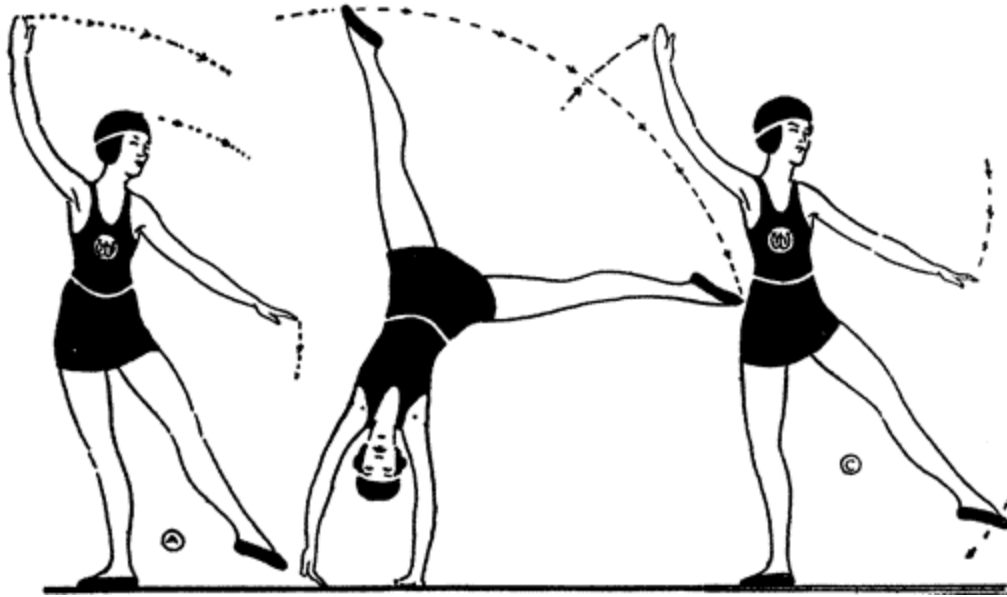


# **Bear Crawl**



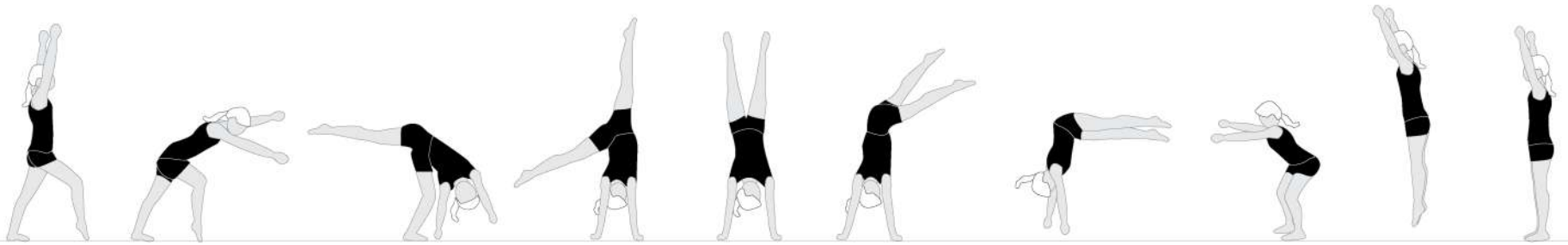
**You can do these in multiple directions (forward, backward, and sideways)**

# CART WHEEL



- Keep your elbows straight as you place them on the mat and transfer your weight to your hands. Last, kick with your lead foot to get your feet over your head.

# ROUND OFF



- It's like doing a cart-wheel except you twist once you put your second hand on the mat. Twist towards the direction you started. You want to be facing backwards when you

# Forward Roll

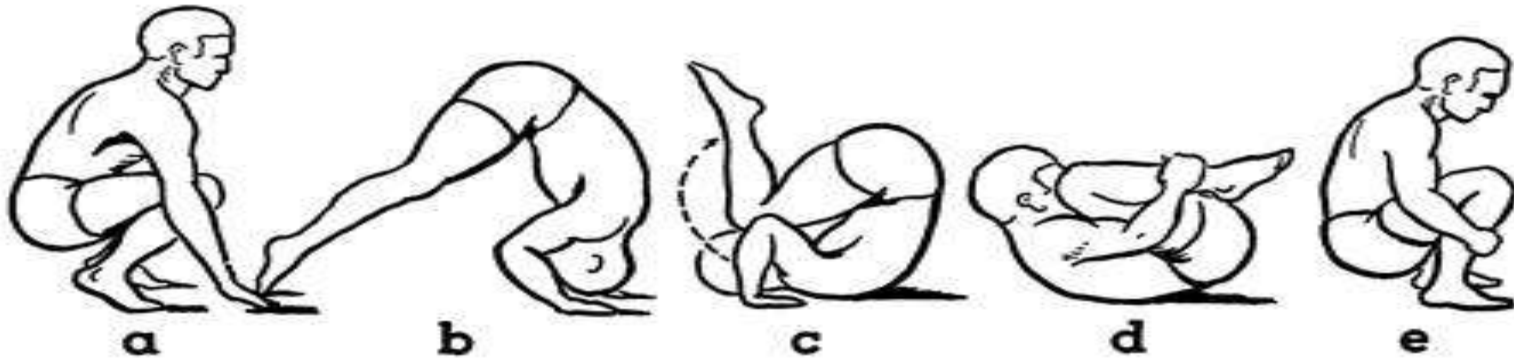
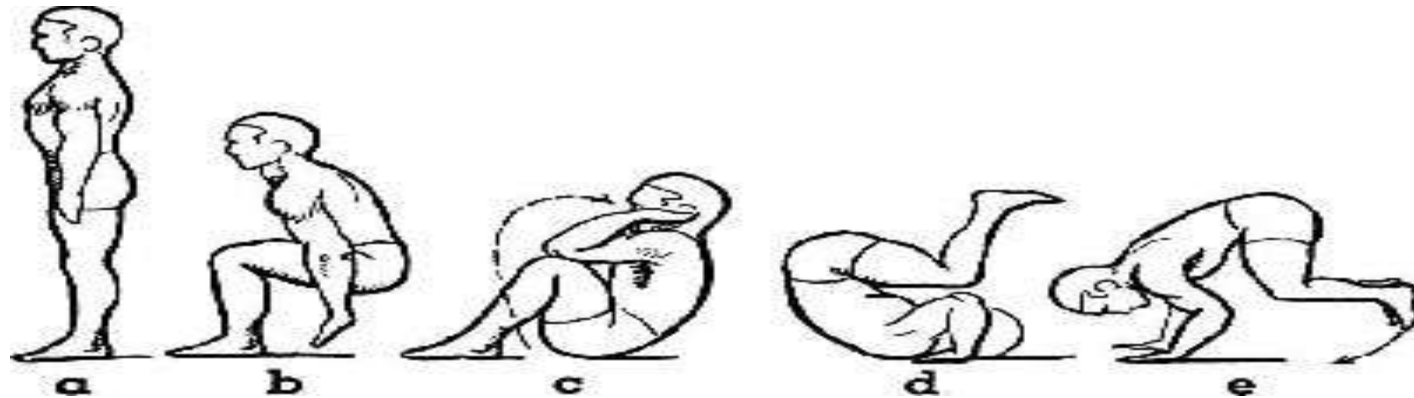


Fig. 1

There are different types of forward rolls such as the shoulder roll, somersault roll and the standing leap roll.



# Backwards Roll



**As you roll backwards transfer your weight from the bottom of your back to the top as you place your hands on the mat.**

**(Fingers point to your shoulders)**

# Hand Walking



**Make sure you have practiced handstand before you attempt to hand walk. Remember it's not how fast you can start out, but more about balancing your weight.**

# TUMBLING

(Balancing on a mat)

Remember that when performing these moves there are is only one person allowed on the mat unless you are spotting.

# Bridge



# Downward Dog



**Keep head off the ground**

# HOLDING A PLANK



- Make sure to keep your back straight
- The longer you hold a plank, the harder it gets
- Great exercise to build abdominal strength

# TRIPOD



**Make a triangle on the mat with your head and two hands. Balance the tips of your knees on the back of your elbows. Transfer your weight forward and point your feet to the ceiling**

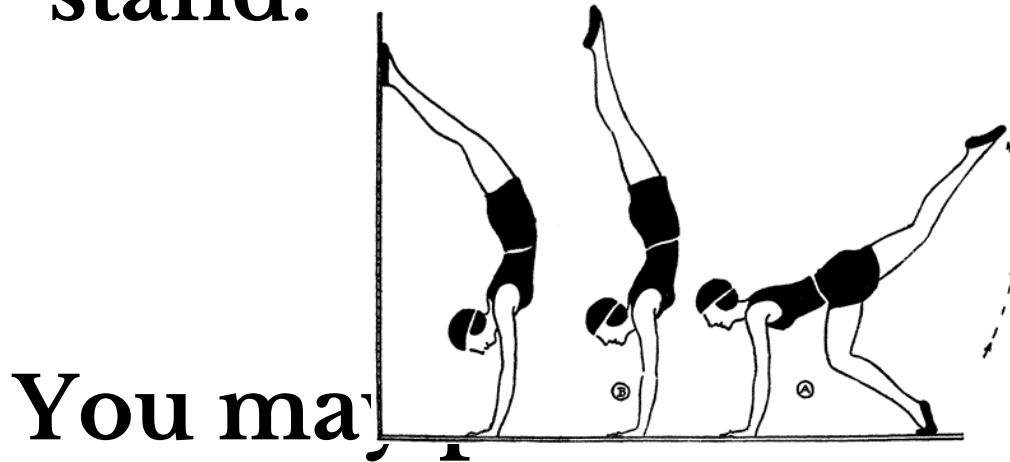
# Headstand



From a tripod position, slowly raise your legs while staying balanced on your hands and head. Point your toes to the ceiling.

# HAND STAND

- You must be able to hold a head stand before you practice a hand stand.



You may use the wall to help maintain your balance



Wall to help maintain your balance

# **TEAM TUMBLING**

**RESPECT** each others  
ideas

Be a **HELPFUL**  
teammate

**No negative comments**

# Wheel Barrel



**Make sure you hold your partners legs with a firm grip as you walk with them. NO PUSHING OR PULLING**

# PARTNER GET-UP

**Try to find  
someone close to  
your size to  
partner up with  
You may also do  
this facing your  
partner (connect  
feet and pull one  
another)**



# PYRAMID BUILDING

- Make sure you have the lighter people on the top of the pyramid.
- Use both hands and legs for a strong base (not the fetal position).
- Make sure your back is as flat as

